

MARION MARLINS MASTERS SWIMMING CLUB

NEWSLETTER APRIL 2026

PRESIDENT'S MESSAGE

AGM

The AGM was held on 21 March at 10.15 am at MOP. It was great to see many of the members come along and support the club.

We welcome back **Vicki Day** to the committee, replacing **Ian Young** who is stepping down after 17 years of service to the club. We also welcome a new committee member, **Greg Hutchins**, who replaces **Sarah Langsford** as the Social Co-ordinator. Many thanks, Sarah, for the great work over the last 12 months.

Again, like last year, there are no vacancies on the committee; we have a full complement. Thank you for your commitment and I look forward to the year ahead. The full list of committee members can be seen at the end of this newsletter. And here are some action shots from the day.



The outgoing regime faces democratic scrutiny.



The incoming regime is enthusiastically approved, although with one case of voter apathy.

Winter Season 2026

Marion Outdoor Pool will soon be closing for the winter. Sunday 26 April is the last day MOP is open until the start of the 2026-27 summer season.

The 2026 Winter season will kick off on Monday 27 April 2026 at 9:00 am at SAALC.

Marion Marlins have secured lanes on our usual days which, along with time, duration, location and coach, are summarised below.

1. Monday AM – SAALC 9:00 am – 1 hour - Sandy
2. Tuesday PM – Scotch College 6:00 pm – 1 or 1.5 hour - Stewart
3. Thursday AM – SAALC 9:00 am – 1 hour - Sandy
4. Thursday PM – Scotch College 6:00 pm – 1 or 1.5 hour - Stewart
5. Saturday AM – SAALC 9:00 am – 1 or 1.5 hour – Aimee

Ticket prices for the 2026 winter season will remain the same at \$60 for a book of 1 hour and \$80 for a book of 1.5 hour tickets.

Pub Night

A reminder that there is Pub night at The Ed after training on the last Thursday of every month for the Winter Season. The next Pub Night is 30 April.

Open Water Season

In what has been a very disrupted Open Water Season for the summer of 2025-26, I can only thank everyone for showing their support for the few events that did take place. A special mention to MSSA for negotiating a funding agreement with the SA Government, which allowed a few events to be organised. Without that support there might not have been any events over the summer.

Since the March 2026 newsletter there have been two local open water swims to round out the reduced season, namely Port Elliot and Christies Beach.

In perfect conditions, Atlantis hosted the Port Elliot swim on 28 February and our very own **Ian Young** took the honours in the male category. Our best-placed female was **Sarah Osman-Walton**, who finished 3rd overall. A special shout out to the Marlins who made the trek down: **Shane Gale, Gavin Rowell, Sarah Langsford and Heather Carbone.**



Port Elliot, 28 Feb 2026

The second OWS event was hosted by Noarlunga Masters at the new venue of Christies Beach. On another perfect day 15 Marlins ventured south for the 1.5 k swim. **Ian Young**, followed by **Dean Guse** and **Shane Gale**, were the first three male Marlins past the post, with **Lindsay Martin**, **Maggie Evans** and **Lisa Miller** the first females across the line.

Special mentions to **Gavin Rowell**, **Charlie Roberts**, **Rob Buchanan**, **Tony Fowler**, **Stephen Carthew**, **Mattea Palombo**, **Bernie Buchanan** and **Roger Pearce**, who all competed with honours.



Christies Beach 9 March 2026

See you in the lanes or in the ocean.

Yours in Swimming

Marc Loader
President

MEMBERSHIP

We have 108 Active Members as of April 2026.

Welcome to new members **Steven Harkness** and **Greg Boyd**, who have joined in March and April respectively.

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

CLUB TRAINING

Summer (sort of, what's left of it). Until 23 April we'll be training at Marion Outdoor Pool (MOP) at our usual times: Monday 9 - 10 am, Tuesday 6 - 7.30 pm, Thursday 9 - 10 am and 6 - 7.30 pm, Saturday 8.30 - 10 am. Last sessions Thursday 23 April.

Winter. Starting Monday 27 April, we move to our winter locations and times:

Monday am: SAALC 9:00 am – 1 hour - Sandy

Tuesday pm: Scotch College 6:00 pm – 1 or 1.5 hour - Stewart

Thursday am: SAALC 9:00 am – 1 hour - Sandy

Thursday pm: Scotch College 6:00 pm – 1 or 1.5 hour - Stewart

Saturday am: SAALC 9:00 am – 1 or 1.5 hour – Aimee

IOUs. No more IOUs or cash will be accepted at training. Either borrow a ticket or do an online bank transfer at the pool.

MSA 50X50X50 Program. Three Marlins received awards from Masters Swimming Australia (MSA) for their achievements in last year's distance-in-training program:

Maryanne Heffernan, Jan Langan, and Roger Pearce. Below is a photo of Jan with her platinum-level prize umbrella. Note that this year MSA is running a similar program called **Target 26-26-26**. See the MSA website for details.



CALENDARS

April 2026 Club Calendar						
Summer training ends on the 24th Winter training starts on the 27th			Wed 01	Thu 02	Fri 03	Sat 04
			Meeting	9:00 am 6:00 pm	Pool Closed Easter Public Hol	No Training Easter Public Hol
Sun 05	Mon 06	Tue 07	Wed 08	Thu 09	Fri 10	Sat 11
End of Daylight Saving	No Training Easter Public Hol	6:00 pm		9:00 am 6:00 pm	Pool Closed 9:00 to 3:00	8:30 am
Sun 12	Mon 13	Tue 14	Wed 15	Thu 16	Fri 17	Sat 18
Pool Comp @ SAALC LC State Cup1	9:00 am	6:00 pm		9:00 am 6:00 pm		8:30 am
Sun 19	Mon 20	Tue 21	Wed 22	Thu 23	Fri 24	Sat 25
	9:00 am	6:00 pm		9:00 am 6:00 pm		No Training ANZAC Public Hol
Sun 26	Mon 27	Tue 28	Wed 29	Thu 30		
MOP Closed Grill'd	9:00 am @SAALC	@Scotch C 6:00 pm		9:00 am 6:00 pm	<@ SAALC <@ Scotch C	
	MSA Nationals 27-04 to 02-05 Brisbane			Pub Night	<@ The ED	

May 2026 Club Calendar						
As we have entered the indoor season please check where your training session is to be held An updated May calendar and mail it out later in the month					Fri 01	Sat 02
						9:00 am @SAALC
					MSA Nationals 27-04 to 02-05	
Sun 03	Mon 04	Tue 05	Wed 06	Thu 07	Fri 08	Sat 09
	9:00 am @SAALC	6:00 pm @Scotch C	Meeting	9:00 am 6:00 pm @Scotch C	Entry Closing SC Int Club 1 @SAALC	9:00 am
Sun 10	Mon 11	Tue 12	Wed 13	Thu 14	Fri 15	Sat 16
	9:00 am	6:00 pm @Scotch C		9:00 am 6:00 pm @Scotch C		9:00 am
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		9:00 am
Sun 24	Mon 25	Tue 26	Wed 27	Thu 28	Fri 29	Sat 30
Pool Comp @ SAALC SC Int Club 1	9:00 am	6:00 pm		9:00 am 6:00 pm Pub Night		9:00 am
Sun 31						

COACHES' CORNER

Continuing our 'Lives of the Coaches' series, here is **Aimee Carter**.



Aimee is our youngest coach. She has been swimming since she was very young and eventually made it to the Nationals, which was an incredible experience for her. When she transitioned from squad swimming to masters, Aimee continued to achieve personal bests, which was something that she was absolutely thrilled about. Unfortunately, a back injury sidelined her for a while and, as she had coached kids during her squad swimming days, she decided coaching would be a good way to ease back into the pool after her recovery. With the support of Tuggeranong Masters in the ACT, she completed her coaching accreditation and has been coaching ever since.

Aimee really enjoys watching swimmers grow and develop new skills. She tries to introduce something fresh into each session in an effort to keep everyone engaged and continually improving. Aimee is very open to feedback from our members and would encourage anyone who has ideas or suggestions regarding our training sessions to get in touch with her.

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.

POOL COMPETITION

Pool Results:

Gawler meet: Six Marlins entered (**Ian Young, Stephen Carthew, Gavin Rowell, Deb Wareing, Maryanne Heffernan, Judy Vowles**). SA state records were achieved by: **Maryanne Heffernan**, 50/100/200m F/S; **Deb Wareing**, 50m Back.

Strathalbyn, 15 March: five Marlins competed. SA Records for **Maryanne Heffernan** (100/200/400m Brst - several times during splits!)

Long Course State Cup, 12 April: 9 Marlins entered; one relay team 4x50m medley mens. First-time event for **Toby Demmler**.

Upcoming Pool Meets:

Victor Harbour Master Games, swimming event Sunday 19 April:

<https://www.revolutionise.com.au/samgswim>

MSA National Championships, Brisbane, 27 April - 2 May 2026. Marlins entered so far:
Ace Lewis, Ian Young, Deb Wareing, Barb Pearce.

Interclub 1 (Relays), Sunday 24 May, SAALC. Relay meet entries are via the club captains (**Gavin & Sarah**). Please email the club captains (addresses below) to let them know of your willingness to join a team, and of any strokes or distances you cannot do. The club will cover entry fees for swimmers participating in the relay meet.

Alice Springs Masters Games, 10-17 October
(<https://alicespringsmastersgames.com.au/schedule>.)

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

SOCIAL

Bingo Night, Sunday 26 April. Details in the flyer below. This is a club fundraiser. **Please note that you need to make your own booking with Grill'd beforehand.**



Pub Nights: take place every last Thursday of the month at **the Edinburgh** from 7.30 pm.
The next is 30 April 2026. All Welcome.

If you have any questions about our social events or a suggestion for an event, please contact our Social Coordinator, **Greg Hutchins:** greg.hutchins21@gmail.com

MEMBER PROFILE: Judy Carruthers



1. Tell us about your background.

Born in Streaky Bay, SA, I lived on a farm sixty kilometres north of town. The only opportunity to swim was during Christmas school holidays, basically safety skills in the shark-proof pool alongside the jetty, the rest of the year it was netball. I attended boarding school in Adelaide, then completed nurse training at R.A.H. I retired a couple of years ago.

2. How did you get into swimming?

I joined Brighton Surf Lifesaving Club 25 years ago. I've never been a strong swimmer but being part of the club motivated me to improve and stay involved in the water. The environment emphasized training, teamwork and safety, which has kept me returning year after year. Initially a beach competitor, surf lifesaving gave me confidence, a strong respect for the ocean, as I worked on my swimming ability and other water focused events. I joined the Marlins after retiring. The coaches and camaraderie in the pool are the reason I look forward to Monday and Thursday mornings.

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

My favourite swimming stroke is freestyle. It's the only stroke used in surf lifesaving. In the pool it allows me to maintain a steady rhythm, focus on breathing and cover distance efficiently, making it my most comfortable and useful stroke.

4. What's your favourite swimming drill and set?

Favourite drills are zipper and catch up, helping me focus on high elbow, timing and body position. My favourite set is a building pyramid. Increasing efforts build endurance so I can maintain good form over distance.

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

I've done Lorne twice; both times I had near pool conditions. The buzz created by five thousand swimmers and three or fourfold that in spectators is amazing. It's also called the Pier to Pub, so the event's not over until you're at the bar of the Lorne Hotel where the atmosphere spills over. I've only competed for Marion once in the short course last year, I loved that too!

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

Surf Race, Surf Lifesaving State Championships at Port Elliot some years ago. While swimming at around halfway mark across the back past cans, someone touched my toes, I thought.... "£#%€€, I'm not last" and went like the clappers, and I didn't finish last!

7. Who are your sporting hero or heroes?

No one person in particular, but I love the Crows.

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

I don't breathe bilaterally. I favour my left side, which limits my flexibility in open water. If I have a choice to swim north or south along Adelaide's coastline I'll go south to breathe away from incoming waves.

9. What are your interests outside of swimming?

Swimming aside, I enjoy cycling, hiking, surf lifesaving and the benefits of Yoga. I also love travelling, especially caravanning and hangin' with my five grandkids.

10. What's the number one tip you'd pass on to other masters swimmers?

Sometimes you have to push yourself to attend training, DO IT! At my age, 64, improvements come in small increments. I always leave the pool thinking "I'm glad I did that". And in the ocean, if someone touches your toes, don't worry, it means you're not last!

COMMITTEE

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