

MARION MARLINS MASTERS SWIMMING CLUB

JUNE 2025 NEWSLETTER

PRESIDENT'S MESSAGE

Dear Marion Marlins,

Winter has arrived, bringing a fresh energy to our Marion Marlins Masters Swimming Club! Despite the challenges of the Australian Swimming Trials and pool closures, we're adapting by rotating training between SAALC, Unley, and Scotch—please check the monthly calendar for updated times and locations.

We kicked off the winter pool competition with a splash, as 36 Marlins, including 14 first timers, powered our club to the top of the points tally at the relay meet (Interclub 1), well ahead of runners-up Atlantis. Congratulations to all! And a very special thank you to **Gavin and Sarah O.** for rallying the troops. (See further coverage in Coaches' Corner and Competition Results, below.)

Join us for the Winter Solstice Swim/Dip on Saturday, 21 June at 8:30 am at Grange Jetty, followed by breakfast at the Grange SLSC.

Mark your calendars for our Mid-Year Dinner on 2 August at the Brighton SLSC, and don't miss our monthly pub night on the last Thursday of each month after training at The Edinburgh Hotel.

And here's something to look forward to as we head toward warmer days: stay tuned for some exciting new merchandise coming for the summer season!

Let's keep the momentum going and make this winter season unforgettable!

Happy swimming.

Dean Guse

Vice President (the President is on leave)

MEMBERSHIP (Garth)

As of 11 June, we have 109 active members. 7 swimmers have participated in our 'come and try' sessions since May, with 4 completing three sessions.

We are pleased to welcome 2 new members: Nathan and Jamie.

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.**

June 2025 Club Calendar						
Sun 15	Mon 16 9:00 am	Tue 17 6:00 pm	Wed 18	Thu 19 9:00 am 6:00 pm	Fri 20	Sat 21 10:30 am @Unley
Sun 22	Mon 23 9:00 am	Tue 24 6:00 pm	Wed 25	Thu 26 9:00 am 6:00 pm Pub Night	Fri 27	Sat 28 10:30 am @Unley
Sun 29	Mon 30 9:00 am	The remainder of June 2025 See the link above for the full June July August Calendar				

COACHES' CORNER



What an eclectic and impressive school of Marlins showed up for the relays at the first 2025 interclub event held at SAALC last month.

Some were 'old-timers', in terms of being seasoned competitors (although still feeling the nerves); others were 'fair weather' competitors, making a rare appearance for the relays; and quite a few were 'first timers', making their debut into competition swimming.

Whichever, together they made up a formidable and joyful team that cheered, encouraged and supported each other – “What event am I in?” “Are we supposed to be in marshalling?” “What stroke am I doing?”

Many new skills were practiced and honed leading up to the day – some learnt to dive for the first time (would the goggles stay on?), practiced backstroke starts, perfected safe relay changeovers and improved technique and fitness for form strokes not in their usual comfort zone.

Overall, especially for those unfamiliar with competitive swimming, it was a tremendous display of conquering fear and simply having a go. Good on you all, and well done!

Achievements were many and varied: records were set, some fast swimming was evident (hydro foiling and kicking!!), and we had only a couple of DQs - which is impressive given the 41 relays swum by our 36 competitors.

Special congratulations to Ben Warr, Ace Lewis, Gavin Rowell and John Brouwers, who set two new state records – for the 4 x 25 freestyle relay in 49.01 seconds (beating their own record for this event set back in September last year), and for the 4 x 50 freestyle relay in 1.48.51, knocking .35 seconds off a record that has stood since 2008.

And, all the sweeter for not being our focus, we accrued the most points on the day. Marion Marlins are on track to receive the relay champions trophy for 2025, last achieved by the club in 2015.

Thanks to those who stepped in to swim whatever was needed on the day – “I didn't know I'd enjoy doing fly” – and to others who came out even when they weren't feeling at their best. And a big thanks to all who helped get the teams on the blocks, particularly Club Captains Gavin and Sarah.

The craziness, achievement and excitement of the event gave us plenty to mull over and smile about at the Warradale afterwards, already inspiring ideas for what next - individual events at future interclubs, improving our dives and skills for next time, continuing to stay fit and enjoy swimming. Overwhelmingly, the consensus was “We'll be back”.

Don't forget, chat to your coach if you'd like to focus on a specific individual event so we can help you prepare.

Yours swimmingly,

Sandy

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

MSA National Champs (8-12 April): The competition went from Tuesday to Saturday with the 800 FS only on day 1. **Ace Lewis and Barb Pearce** were the only Marlins competing – Ian pulled out because of injury. Barb won 2 gold, 4 silver, 3 bronze. Ace ended up with 1 Silver, 5 Bronze, 1 fourth, 1 sixth. His times were just slightly off his best generally, but with one PB in the 400 IM where he employed a combination of max effort and cunning strategy to get a medal. He celebrated by attending the closing dinner on Saturday night with some people from Phoenix and Adelaide. (Thanks, Ace, for your report and the photo below.)



State Cup (Long Course), 27 April

Seven Marlins competed in the State Cup (**Maggie, Judy V, Barb, John B, Ron, Ace, Gavin**), with the team finishing seventh overall on points. Notably, this was the first swim meet for Ron Hardie since his medical battles over the past six months or more. It was fantastic to see Ron get straight back into racing! And as usual, Barb was there, showing us how to do it.

Great Barrier Reef Masters Games (Cairns, May):

Stephen Carthew got a silver in the 200 freestyle, and bronze in the 100 and 400 backstroke and 400 freestyle. **Barb Pearce** got 8 gold in the 50, 100, 200 and 400 freestyle and 50,100, 200 and 400 backstroke. Photo below. (Thanks Meryl)



Interclub 1 (Relays, Short Course), 18 May:

What an amazing effort and outcome for the Marion team! See Sandy's "Coaches Corner" report for the details. It's worth highlighting here again that we had 36 swimmers compete in a total of 41 relay events, we won the event, and two state records were broken by one of our men's teams (**John B., Ace, Ben, Gavin**). Importantly, of the 36 swimmers who competed, 8 women and 6 men were first-timers in the competition pool: **Natalie R, Paula G, Megg M, Sue T, Jane H, Judy C, Bernadette B, Ewa P, Rob B, Wayne C, Roger P, Clive R, Joseph C, Julian C**. Well done all!

Interclub 2 (Long Course), 1 June:

A total of 14 Marlins entered (including 3 first-timers from the Relay Meet: **Julian C, Rob B, Bernadette B**). On overall points, Marion finished second behind Atlantis, and all of our three relay teams (4x100m F/S women's and men's) achieved state records! (**Bernadette B, Natalie R, Judy V, Deb W; Ian Y, George C, Ron H, David I; Gavin R, Dean G, Ace L, Ben W**). Fantastic effort!

UPCOMING MEETS

Interclub 3 (Short Course) 27 July, entries close 11 July

Interclub 4 (Long Course) 24 August, entries close 8 August.

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

SOCIAL

Pub Night (24 April, Morphett Arms)







Branch Presentation Dinner (2 May)

The highlight was our winning the trophy for highest points aggregate for the OWS season. Also, several members won towels for completing every OWS event: **Stephen Carthew, Lindsay Martin, Roger Pearce, Charlie Roberts, Gavin Rowell, Andrew Smith, Judy Vowles**. Action shots of the ensuing festivities below.







Upcoming social events

Winter Solstice Swim (Sat 21 June):

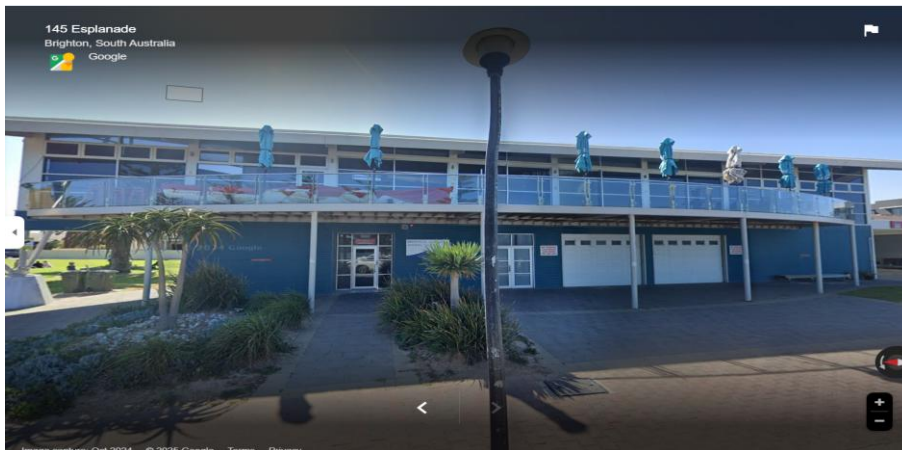
This year we have decided to join the event below at Grange SLSC, **coming up this Saturday**. This is a great event and allows us to mingle with other clubs who attend.



Mid-Year Marlins Club Dinner (Sat 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 will be put on our Facebook

page closer to the date. A sign-up sheet will be with the coach at all swimming sessions, or you can sign up by commenting on our Facebook page.



If you have a suggestion for an event, please contact our Social Coordinator, **Sarah Langsford** langsford6@bigpond.com

MEMBER PROFILE: Paula Gianni



1. Tell us a bit about your background.

I was born and raised in South Africa and moved to Australia in January 2022. I now live with my husband, our two daughters, and our three dogs. I work alongside my husband at our packaging business located in Marion.

2. How did you get into swimming?

I participated in school swimming galas growing up, but swimming was just one of many after-school activities I enjoyed, including hockey, water polo, modern dancing, and softball. In Year 9, a friend and I completed our first Midmar Mile—a roughly one-mile open water swim across Midmar Dam in South Africa. In 2009, the event had 13,755 finishers and was

recognised by the Guinness Book of World Records as the world's largest open water swimming event. Since then, I've completed the Midmar Mile approximately eight times. In mid-2021, I sustained a hip injury during a hockey match, which eventually required a hip arthroscopy. As part of my recovery, I began swimming more regularly and soon discovered the Marion Marlins.

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

Freestyle as a faster style stroke (I have a need for speed).

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

Freestyle with fins.

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

I prefer open water, the freedom of being outdoors and the chance to spot wildlife while swimming makes it incredibly rewarding.

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

I haven't really kept track of my swims, but with the goal of one day participating in the Rottneest Channel Swim, I'm planning to start keeping a better record moving forward.

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

Growing up, I greatly admired both Steffi Graf for her incredible tennis career and Michael Schumacher for his dominance in Formula 1.

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

It's probably about showing up and being consistent. Life can sometimes get in the way, and it's often easier to stay home than push myself to make it to training.

9. What are your interests outside of swimming?

Hockey is my first love—I've been playing for over 30 years and currently play for Westminster Hockey Club. I'm also a member of the Rebels Softball Club and attend Pilates and yoga classes. Before my hip injury, I used to run regularly and completed several half marathons. I'd love to run again, but I need to find time to fit it into my schedule.

Additionally, I've completed a few mini triathlons, both in South Africa and Australia. If only there were more hours in the day! I also love painting, though I rarely find time for it. I'm a busy body who enjoys all kinds of sports, but there never seem to be enough hours in the day.

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

If you struggle with water getting into your ears, consider getting custom-made earplugs. I dealt with the frustration of using regular earplugs for years until I saw an audiologist, who helped me get custom ones. They've truly made my swimming experience much more enjoyable.

COMMITTEE

President

Marc Loader

Vice-President

Dean Guse

Treasurer

Ace Lewis

Secretary
Registrar/Membership
Coaching Coordinator
Club Captains
Safety Officer
OWS Coordinator
Social Coordinator
General committee members

George Crowder
Garth Hayter
Mark Trenwith
Gavin Rowell and Sarah Osman
Tony Fowler
Ben Warr
Sarah Langsford
Ian Young
Maggie Evans
Lindsay Martin
Charlie Roberts

Non-Committee Officers:

Member Protection Officer
Club Recorder

Mike Perkins
Maryanne Heffernan



A reminder of summer: three local sirens spotted at Noarlunga back in March (should have been in the last newsletter).

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